Monday, August 25, 2014

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California quake injures at least 120

Significant damage as 6.0-magnitude temblor rocks Napa wine country PAGE 5

Redblacks falter for fifth straight game

Home team trampled by Stamps after early lead turns into another loss PAGE 18

He had a (fire)ball

Pierce Brosnan opens up about the joys of 'blowing stuff up' for his new, CGI-free spy movie, The November Man PAGE 10

Ottawa shows its Pride

Capital Pride paraders cruise down Laurier Avenue as part of the colourful celebration Sunday that drew nearly 75,000 people. For more on the parade, see story, page 4.

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Near Champlain Bridge

Ottawa man hailed as hero after he dies trying to save boy

An Ottawa man has died in an attempt to save a 12-year-old boy from drowning.

Local police found the body of the 39-year-old man Sunday morning, after he went missing in the water Saturday night (at Bate Island, near the Champlain Bridge).

Ottawa Fire Services received a call about the man jumping into the water with a 24-year-old man to save the boy.

Paramedics say the younger man and the boy made it back to shore, and the boy was treated for mild hypothermia.

Police are withholding the man's identity, but his mother and stepfather say he was a hero.

THE CANADIAN PRESS

University of Ottawa

Gee-Gees hockey players Donovan, Foucher face sex assault charges for February incident

Two members of the Ottawa Gee-Gees men's hockey team have been charged with sexually assaulting a 21-year-old woman following an incident during a team trip to Thunder Bay in February.

Guillaume Donovan, 24, and David Foucher, 25, both from Gatineau, were charged on Friday following an extensive investigation by Thunder Bay Police. LUCY SCHOLEY/METRO

Ottawa man, 21, fatally stabbed outside bar

Forensics officers gather evidence as police investigate a homicide which occurred on Elgin Street near Frank Street in Ottawa on Saturday. MIKE CARROCCETTO/FOR METRO

Ottawa Police are investigating a murder after a 21-year-old man was stabbed to death early Saturday morning outside a bar on Elgin Street.

It's the city's fourth homicide of the year.

Jabeir Jemmie, 21, was stabbed several times outside the Living Room bar on Elgin Street around 2:30 a.m. after reportedly being in a fight inside the bar.

Paramedics treated the man on-site, but he lost vital signs en route to hospital. He underwent emergency surgery, but later died of his injuries.

Police have made no arrests in the stabbing and have not identified any suspects.

Anyone with information regarding this incident is urged to contact the Major Crime section at 613-236-1222 ext 5493.

TREVOR GREENWAY/METRO

Transgender athletes break down barriers

TRANS-fusion. Pair finishes marathon rowing event

Transgender rowers Savannah Burton and Enza Anderson competed in the Canadian Sculling Marathon in Ottawa Sunday. STEVE COLLINS/FOR METRO

Enza Anderson broke down a barrier Sunday, but she also overcame a wall.

The Toronto activist and her teammate, Savannah Burton, became the first transgender athletes in Canada to compete in a marathon rowing event.

Their team, TRANS-fusion, rowed a 22-kilometre half-marathon in two hours and eight minutes. That was good for fourth place of five teams, about 10 minutes behind the leaders.

The last two kilometres were the hardest, as Anderson, who began rowing only a couple of months ago, began to doubt she could make it.

"My rear started numbing up and I had to go to the bathroom," she recalled. "All I could think about was going to the bathroom. So I was starting to cry because I felt like I didn't have the strength."

It turned out she had it, after all.

"Enza overcame the wall, which is a phenomenal feat for somebody who has never played sports," said coach Adrian Cornelissen. "Because when you hit the wall, you basically start to focus on your negativity, what is lacking — and she turned that around to a positive."

The team, he said, just pulled together and carried Anderson until she could continue. "I just took a five-minute break, said Anderson, "and then put my oars back in."

Back at the Ottawa New Edinburgh Club, Row Canada president Mike Walker and provincial cabinet ministers Madelaine Meilleur and Yasir Naqvi were on hand to congratulate the Trans-FUSION team.

"I hope every single sport will see more trans athletes taking part and winning medals, not only here, but around the world," Naqvi said.

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Record 75,000 attend Pride Week: ‘Boy, the city’s come a long way!’

Largest turnout in 29-year history.
Colourful celebration ends successful festival

DENIS ARMSTRONG
ottawa@metronews.ca

The Capital Pride Parade rolled into Ottawa Sunday like a big, brightly coloured rainbow.

Under a blazing summer sun, an estimated 75,000 people, the largest in the parade’s 29-year history, lined Bank Street and Laurier Avenue to watch more than 3,000 parade volunteers aboard 127 eye-popping floats waving the rainbow flag for diversity.

Floats for the capital region’s LGBTQ groups, major church organizations, social agencies and city services including Ottawa police, paramedics, firefighters and RCMP took part in Sunday’s parade marking the end of Capital Pride Week.

More recently, the Capital Pride Parade has become one of the largest single-day outdoor events in the city. What began as a march for gay rights has blossomed into a major carnival, with drag queens upstaging Mayor Jim Watson and city councillors Mathieu Fleury, Mark Taylor, Katherine Hobbs and Diane Holmes.

Given the enthusiasm of the participants and size of the crowds, it didn’t take long for the parade to turn into a movable street party, with many of the 3,000 colour-costumed paraders leaving their floats and mingling with equally colourful spectators, many of whom headed over to Festival Plaza at city hall to party until late Sunday night.

Jodie McNamara, a woman who has watched the parade grow exponentially since becoming the board chair in 2010, still seemed overwhelmed by the sheer size of Sunday’s attendance.

“We’ve seen tremendous growth with families and youth groups,” McNamara said. “It’s a testament to how supportive and accepting people here in Ottawa are for LGBTQ community.”

“I’ve attended every parade since the first in 1985 when people looked at you like you were a freak,” said drag queen Rhonda Darling. “Now, families want to have their picture taken with me.”

“Events like this are transformative because people want to be free, to walk down the street without fear,” added Derrick Biso, who made the trip from Price Edward Island to be a part of the fun.

“It’s nice seeing all the communities in Ottawa coming together like this,” agreed Des Foley from Smiths Falls. “And it’s hot. Boy, the city’s come a long way.”

Revellers celebrate the end of Capital Pride Week in Ottawa with a parade that marched through downtown on Sunday.
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Bricks and rubble cover the sidewalk in front of a heavily damaged building following an earthquake Sunday in Napa Calif. Scan the photo with your Metro News app to see more photos of the damage caused by the 6.0-magnitude quake. ERIC RISBERG/THE ASSOCIATED PRESS

California earthquake rocks Napa wine region

6.0-magnitude event. More than 120 sent to hospital, power goes out, fires ignited

The strongest earthquake in 25 years struck the heart of California's wine country early Sunday, igniting gas-fed fires, damaging some of the region's famed wineries and historic buildings, and sending more than 120 people to hospitals.

The magnitude-6.0 quake, centred near the city of Napa, an oasis of Victorian-era buildings nestled in the vineyard-studded hills of northern California, ruptured water mains and gas lines, hampering firefighters' efforts to extinguish the blazes that broke out after the temblor struck at 3:20 a.m.

Dazed residents who had run out of their homes in the dark and were too fearful of aftershocks to go back to bed wandered through Napa's historic downtown, where boulder-sized chunks of rubble and broken glass littered the streets. Dozens of homes and buildings across the Napa Valley were left unsafe to occupy, including an old county courthouse, where a 10-foot wide hole opened a view of the offices inside.

College student Eduardo Rivera said the home he shares with six relatives shook so violently that he kept getting knocked back into his bed as he tried to flee.

"When I woke up, my mom was screaming, and the sound from the earthquake was greater than my mom's screams," the 20-year-old Rivera said.

Gov. Jerry Brown declared a state of emergency for southern Napa County, directing state agencies to respond with equipment and personnel. President Barack Obama was briefed on the earthquake, the White House said, and federal officials were in touch with state and local emergency responders.

Bardarbunga volcano

Iceland lowers aviation alert to 'orange'

Iceland lowered its aviation alert level to orange from red Sunday, saying there was no sign of an imminent eruption at the Bardarbunga volcano. And scientists at the Icelandic Meteorological Office said their announcement Saturday that the volcano had experienced a subglacial eruption was wrong.

But the office cautioned in a statement that seismic activity at the volcano, which has been hit by thousands of earthquakes over the past week, was not slowing, and an eruption remained a possibility in coming days. Two earthquakes measuring over 5 in magnitude — the biggest yet — shook the volcano beneath Iceland's vast Vatnajokull glacier early Sunday. The Met Office recorded earthquakes of 5.3 and 5.1 in the early hours.

Iceland had raised the alert for aviation Saturday to red, the highest level on a five-point scale, warning that an ash-emitting eruption could be imminent.

THE ASSOCIATED PRESS

Missouri shooting

Obama sending aides to Michael Brown funeral

U.S. President Barack Obama is sending three White House aides to the funeral of Michael Brown, the black teen whose fatal shooting by a white police officer sparked racial unrest in Ferguson, Mo.

Early Sunday, tensions briefly flared then subsided as nightly protests continued two weeks after the 18-year-old's death.

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Iraqis stand together to honour James Foley

People hold a photograph of U.S. freelance journalist James Foley during a small memorial ceremony in Irbil, 350 kilometres north of Baghdad, Iraq, on Sunday. Foley was slain by Islamic State militants after being held in captivity for nearly two years. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Hundreds attend mass for murdered U.S. journalist

'Devoted.' Hometown memorial remembers James Foley as a man who was driven to open world's eyes to suffering and oppression

Slain U.S. journalist James Foley was living his faith by bringing images to the world of people suffering from war and oppressive regimes, a Roman Catholic bishop said Sunday at a mass in his honour.

Bishop Peter Libasci said even after Foley was captured for the first time in Libya in 2011, he "went back again that we might open our eyes."

The mass was attended by Foley's parents, John and Diane Foley, and hundreds of others in their hometown of Rochester, N.H. The bishop read aloud a letter from the Vatican extending the condolences of Pope Francis.

Foley was kidnapped in 2012 while covering the Syrian uprising. The Islamic State posted a web video Tuesday showing his killing, claiming it was in retaliation for U.S. airstrikes in Iraq.

Libasci invoked the prayer of St. Francis, which begins, "Lord, make me an instrument of your peace," to implore the gathered not to hate but to heal.

"It is in giving that we receive," he recited. "It is in pardoning that we are pardoned. It is in dying that we are born to eternal life. To these words, I think we can say, 'Yes, I wish we could do that.' It is not beyond our capability. It is not impossible. Our Lord lived it. Our most Blessed Mother lived it. Many saints have lived it. James lived it."

At a vigil Saturday night in Rochester, about 200 people gathered to show support for the Foley family.

"We are honoured that you care and love Jim. We are honoured that you recognized the sacrifices he made," John Foley said then. "He loved the Syrian people. He was devoted to telling their story and doing whatever he could to help their fight."

A funeral for Foley will be held on Oct. 18, what would have been his 41st birthday.

THE ASSOCIATED PRESS

Quoted

"Jim went back again that we might open our eyes. That we might indeed know how precious is this gift. May almighty God grant peace to James and to all our fragile world." **Bishop Peter Libasci,** about slain U.S. journalist James Foley

Peter Theo Curtis. Syrian militants release U.S. man

Peter Theo Curtis THE ASSOCIATED PRESS

An American held hostage in Syria by an al-Qaida-linked group has been released after about two years, the Obama administration and a relative confirmed Sunday, days after militants had beheaded a U.S. journalist abducted while covering that country's civil war.

The U.S. identified the freed American as Peter Theo Curtis of Massachusetts and said he was now safe and outside of Syria. The United Nations said it helped with the handover to UN peacekeepers in a village in the Israeli-annexed Golan Heights and that Curtis was released to American authorities after a medical checkup.

The administration provided no details about the circumstances of his abduction or his release. It was not known what prompted Curtis's release.

A cousin of Curtis's, Viva Hardigg, declined to provide details, but said that he had been held by the Nusra Front, which is al-Qaida's affiliate in Syria.

"He seems to be in good health," Hardigg said. "We are deeply relieved and grateful for his return and the many people who have helped us secure his freedom."

THE ASSOCIATED PRESS

Steven Sotloff

Canadian denies inadvertent role in Syria kidnapping

A Montreal photographer is speaking out after a U.S. news website accused him of inadvertently playing a role in the capture of American journalist Steven Sotloff in Syria last year.

Yves Choquette says he's the freelance photographer anonymously referred to as "Alex" in a controversial report published Friday on The Daily Beast.

The report alleges the photographer identified his local Syrian guide, commonly called a fixer, to suspected militant Syrians on Facebook.

It says that may have compromised the safety of the American journalist, who worked with the same fixer days later. Choquette denies the allegations, which he says distort the events of August 2013. He says he didn't reach out to to Syrians on the social media site, but instead sought out a journalist from Radio Free Syria in an attempt to find a reliable fixer.

The report says the photographer contacted up to 30 Syrians on Facebook in his search for a fixer to guide him across the Syrian border from Turkey. THE CANADIAN PRESS

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Sriracha factory

'We don't make tear gas': CEO

A Southern California factory that makes Sriracha hot sauce held an open house over the weekend "to prove we make hot sauce; we don't make tear gas," said David Tran, the CEO of the plant's owner, Huy Fong Foods.

Irwindale, a Los Angeles suburb of about 1,500 people, had sued the company and declared the plant a public nuisance after some nearby residents complained of an eye-watering, throat-closing odour during grinding season.

The suit was later dropped.

THE ASSOCIATED PRESS

Lufthansa

German airline pilots may strike

A union representing airline Lufthansa's pilots is threatening a new round of strikes in a long-running dispute over wages and early retirement benefits.

The Vereinigung Cockpit union says in a statement it may order pilots to strike "starting immediately" because negotiations have failed to achieve their goals.

Lufthansa, Germany's biggest airline, called the union's position incomprehensible. The pilots want Lufthansa to keep paying a "transition" benefit for those who retire early, while the airline wants to cut those extra payments.

THE ASSOCIATED PRESS

Spaced out

European satellites off-target after Friday launch

European space officials say they're investigating whether the inaccurate deployment of two satellites will complicate their efforts to develop a new Galileo satellite navigation system that would rival America's GPS network.

The European Space Agency and launch company Arianespace say the satellites ended up in off-target orbits after being launched Friday from Kourou, French Guiana.

Saturday's agency statement did not explain whether their orbital paths could be corrected.

THE ASSOCIATED PRESS

The ups and downs of the biz in August

HOW TO ROLL
Alison Griffiths
metronews.ca

Who is swinging and who is sagging in the business world? Here's the roundup for August.

Thumbs up: BlackBerry gets the nod. If CEO John Chen has his way, weary BlackBerry shareholders will no longer care about whether this new gadget or that will take market share from Apple, Google or Samsung.

Chen is shooing the company away from a reliance on the Next Big Thing. While other tech device producers race to turn us into cyborgs, Chen is mining the power of the patents the company holds.

The stock jumped 1.5 per cent last week to $10.77. British Prime Minister David Cameron helped out when he said he could run the country via BlackBerry before heading off for his second holiday this summer.

Thumbs up: This one goes to the Nasdaq. Well, kinda, sorta. As of last week the U.S.-based tech-heavy exchange is back to where it was before the dot-com crash. On Monday, Aug. 18, the Composite Index climbed above 4,500 points for the first time since March 31, 2000. It's only been 14 years of waiting, folks. What are you crying about?

Thumbs down: The winner is Statistics Canada for its blunder on the July jobs figure — first reporting a measly 200 new jobs then sheepishly updating it to 42,000. Phew, that's better. As Philip Cross, former chief economic analyst at StatsCan, noted in a commentary: "It is one thing to make an error in the estimate of livestock," quite another to botch any of the holy trinity — GDP, the consumer price index and the jobs report.

Eliminating the long-form census and slashing $29 million from StatsCan's budget didn't have a thing to do with the mistake. No, of course it didn't. The federal government says so, and who am I to disagree?

Thumbs down: Oh, Target! How we loved to love you when we shopped south of 49 and how much we loathe you in our own backyard. If the sparsely filled aisles of my local Target are anything to go by, the company still hasn't figured out its supply chain problems. New CEO Brian Cornell (formerly of PepsiCo) will no doubt have the Canadian operations under a microscope.

Not there yet

Four tech stocks still below March 2000 highs:

- Sirius XM: -94%
- Vodafone: -75%
- Cisco Systems: -64%
- Yahoo: -58%

Chained to the cause

More than 7,500 people formed an eight-kilometre human chain Saturday across the German-Polish border to protest the expansion of open-cast mining for brown coal in the region. The protest reached between Kerkwitz, Germany and Grabice, Poland — two villages that activists fear will be evacuated to make way for further brown coal mines, also known as lignite. PATRICK PLEUL/DPA/THE ASSOCIATED PRESS

Las Vegas. Post-recession renaissance in store for the Strip's north end

Fireworks erupt over the SLS Las Vegas. BRIAN JONES/ LAS VEGAS NEWS BUREAU/THE ASSOCIATED PRESS

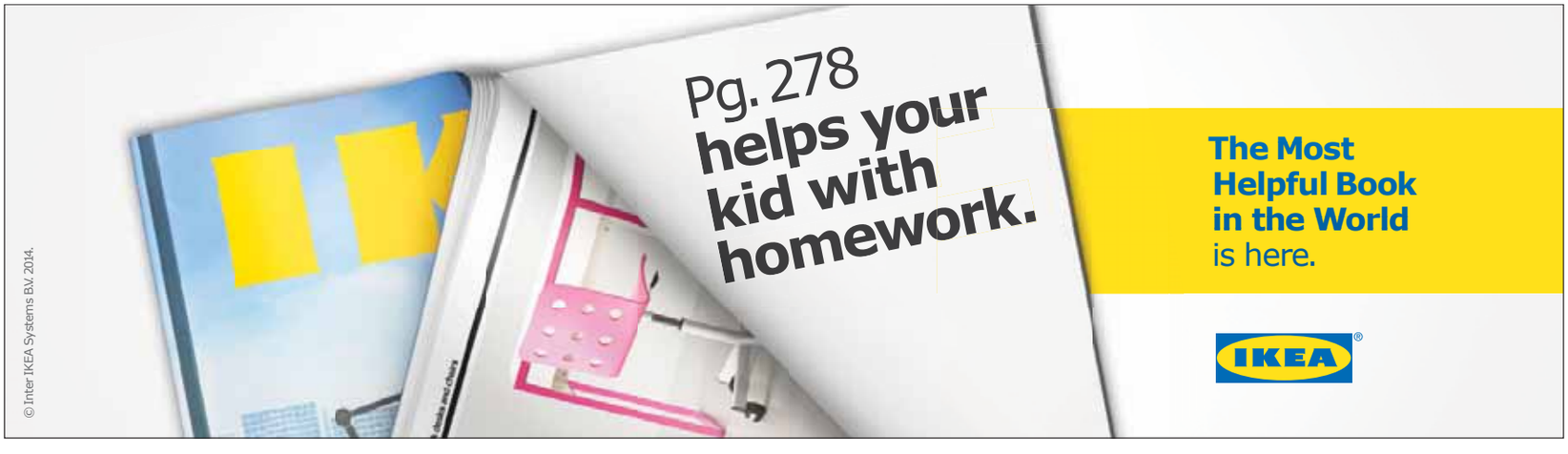
The Las Vegas Strip has a new casino in business on the foundations of the old Sahara, which once hosted the likes of Frank Sinatra, but was eventually closed.

A $415-million pleasure palace called the SLS Las Vegas opened Saturday with midnight fireworks and a party for 3,600 guests as the Strip's tired north end continues to enjoy a post-recession renaissance.

The area, long associated with empty lots, low-budget motels and frozen construction cranes, is expanding once again.

A Malaysian conglomerate has announced plans to fold the half-finished Echelon casino into an Asian-themed Resorts World Las Vegas. Australian casino giant Crown Resorts has purchased land where the New Frontier casino once stood and an open-air concert venue set to house the massive Rock in Rio USA music festival next spring is in the works.

THE ASSOCIATED PRESS



FANCY A STROLL IN A CONSTRUCTION ZONE?

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

The city issued a warning last week that this fall, orange is the new orange, as the lane closure signs and pylons pop up around the season's ongoing and new road resurfacing and construction projects.

We outlasted the Strandherd-Armstrong bridge construction, the Hunt Club Road extension and Baseline Road resurfacing, but the widening of Highway 417, the Orleans water main link and the Sussex Drive's extreme makeover continue.

"Residents are encouraged to continue planning routes in advance, stagger work hours, carpool, take advantage of transit and explore biking or walking (also combined with transit)," the city release advises helpfully.

As for those last tips, the allure of leaving one's keys at home and venturing into this infrastructural adventure by other means may prove limited. At least if you're stuck in gridlock and lane reductions in your car, you're seated comfortably, air-conditioned and out of the dust.

Prefer transit? Check your route for detours. On Queen Street near Bank, a temporary bus stop replaces the out-of-commission one few metres away, and bears the same stop number. But callers to the OC Transpo info line who want to find out when the next bus is coming are told the stop is closed. At least the buses still arrive.

Cycling? A friend of mine's become a hardened bike commuter, now able to contend with the harshest of winter riding. What he hasn't been able to defeat, however, is this summer's ongoing dig-up of his street, where sharp stones have punctured his tires three times.

How about a walking tour? Signs on the under-construction bridge across King Edward on Sussex currently direct pedestrians on a hard-to-spot detour down the centre, where they're squeezed into a caged path between two steel barriers to separate them from traffic and workers. It seems an afterthought, but at least it's a thought. Those on foot sometimes don't even get that.

Community activist Eric Darwin's perceptive and streetwise West Side Action blog spotted a city truck completely blocking the sidewalk of busy west-end Albert Street last month. It was marked off by pylons to warn motorists. But pedestrians coming upon the truck were faced with an impassable wall on one side and traffic on the other: "Are pedestrians supposed to walk around the vehicle by stepping into the vehicle lane? With their backs to the overtaking traffic? And pray and hope that motorists will slow down and not run them over? Is it not ironic that the motorist, safely encased in two tons of steel and crash-proofing, has extensive risk abatement measures whilst walkers, unprotected, are steered to simply walk in the 50km/h lane?"

(The solution, as engineered by a "passing pedestrian," was to move the pylons out into the right-hand lane, to demarcate a walkway between the truck and traffic.)

The one consolation non-motorists can take in the midst of all this civic renovation is that when the dust settles, things should be a little better. Much of our downtown travails are related to the construction of light rail, and more multi-use pathways are popping up beside some of those renovated roads.

In the meantime, though, you'll probably weather the fall construction season better from inside your car than out.

We're all part of the same Multiverse

Matt Mazur, who moonlights as a live visual artist under the moniker VJ Elfmaster, has been touring his Multiverse project around the music and festival circuit in British Columbia. DARRYL DYCK/THE CANADIAN PRESS

VJ Elfmaster hopes to take message of galactic unity way beyond Earth's EDM scene

A Vancouver man with a laptop, a cache of space telescope images and a passion for space is mapping our corner of the universe, in a quest to do for the galaxy what images of the Earth did for global consciousness in 1969.

Matt Mazur has built a universe simulator that projects a 3D rendering of the Earth's galactic neighbourhood on to two massive white screens, giving any user the power to scroll far beyond our own solar system with a hand-controlled motion sensor device.

Time to get spacey

> "It's time for us to grow up, and grow up past our adolescent years on the Earth."
>
> Artist Matt Mazur

"Galactic consciousness still might take a while before it actually kicks in, but it's a process," said Mazur.

Mazur has digitally stitched together and enhanced 64 galaxies and is cataloguing 50 more, as he charts the brightest galaxies in the region.

He hopes to eventually render 250 galaxies, amounting to 1/38-millionth of the observable universe.

The project is dubbed Multiverse. Mazur provides the vicarious exploration of the universe with the hope that a critical mass of such projects will spur society to adopt space as a plausible future home amid a galactic community.

THE CANADIAN PRESS

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Worth mentioning. Californians swap out thirsty grass lawns for gardens to cope with drought

As California faces a historic drought, residents in Long Beach are tearing out thirsty lawns to cut down on water use.

Water agencies across the state have been encouraging the change by offering thousands of dollars in rebates to help homeowners make the switch to a drought-friendly landscape with better odds of surviving dry spells common to the local climate.

Water officials hope the shift is more than a fad and marks the beginning of a transformation in the way residents view neighbourhood landscapes.

Rick Blankenship holds a photo of his previous grass lawn at his home in Long Beach, Calif. NICK UT/THE ASSOCIATED PRESS

To date, most lawns in Southern California don't bear greenery other than grass, but water agency officials say the interest in turf removal programs — fuelled in part by an increase in rebate rates — is encouraging.

THE ASSOCIATED PRESS

metro

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Ebooks

Life On Earth

By E.O. Wilson

iBooks/iTunesU

MIND THE APP
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This free textbook series is exquisite. It brings to life a high school biology course from a prominent teacher using animated, talking diagrams, demonstration videos, and interactive experiments. It's one thing to clearly explain the chemistry of life; another to see it in action. Wilson's fascinating examples and gorgeous photography are deeply rewarding.

Spielberg series

Minority Report headed to TV

Steven Spielberg is working on a TV series based on his 2020 sci-fi action move, Minority Report. According to Warp, he has hired Godzilla screenwriter Max Borenstein to write the futuristic series, in which crimes can be predicted and prevented before they happen. **AFP**

Brosnan leaves 007 behind for a much grittier spy role

The November Man. As a rogue ex-CIA man, new character is more dangerous and driven — and requires no CGI special effects

JAMES ROCCHI
scene@metronews.ca

Speaking about his new action thriller The November Man, Pierce Brosnan is eager to talk about the challenges of playing a different kind of spy. He's not only the star, he's also executive producer of the film, and he was determined to make sure his work as rogue ex-CIA man Peter Deveraux was grittier, grimier and very different from his past outings in the cloak-and-dagger field.

You've been doing comedies lately, so what brought you back to action?
It just seemed like fertile ground. I had my days as James Bond, and they were glorious and wonderful and productive; we brought (Bond) back after six dormant years ... so it was invigorating to be a part of it.

When the curtain fell — surprisingly and unexpectedly — it was just over. I had a certain void, a vacuum. So when we set sail on The November Man, it just seemed to hit now, with the geopolitical happenings going on.

Pierce Brosnan's film, The November Man, is a pure action movie, with real explosions and effects. CONTRIBUTED

I don't recall Bond, like Deveraux, killing a girl so he can delay his enemies. Was that scene important, to establish Deveraux as that dangerous, that driven?
It's a shocking act, on paper and on screen; it's one that, really, you roll the dice on and hope you don't disconnect with your audience. By that stage, you already know anything can happen — and it does in the most graphic way. I love that scene; I think it defines the character, that keeps the audience off-centre.

In an age of computer-generated marvels, is it nice to take part in an action film about real car chases, real explosions, real effects?
Well, it worked for us ... It worked for this film. We had so much money, we had so many days — so we knew we weren't going to have this monolithic graphic overture of CGI or anything like that; it's a handmade, hand-wrought film, and everything's in camera. And that was the pleasure of it — to be in the streets, to shoot from the hip, to make a movie that was tangible and real and to be blowing stuff up in the streets. It was magnificent (laughs). It was great fun.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see the trailer for November Man

→ See the full instructions on Metro's Voices page.

Soap to spy. Luke Bracey nervous working with world's 'best spy'

Luke Bracey's acting career has transformed over the past five years — from a bad-boy role on an Australian soap to starring with Pierce Brosnan in The November Man.

"It was funny to get jolted straight to the level of James Bond standing opposite you," he said from Italy, where he was filming. "It's taken everything inside me not to crumble and freak out."

The 25-year-old Sydney native has been seen alongside Selena Gomez in the 2011 film Monte Carlo and as Cobra Commander in 2013's G.I. Joe: Retaliation, but this is his biggest role yet.

"When I got offered it, I couldn't believe it until I started making it because it was such an exciting film."

The film is based on the novel There Are No Spies, one of 13 books in Bill Granger's best-selling spy series that Brosnan's production company has worked for five years to bring to the screen.

Bracey's character, CIA agent David Mason, is pitted against his former mentor Peter Devereaux, now ex-CIA, in the search for a Chechen refugee who can bring down the next Russian president.

Devereaux always seems to be a few steps ahead of Mason — until the cat-and-mouse game culminates in an intense fight scene. Bracey admitted to being nervous about getting physical with "the best spy in the world."

"I hadn't really done a fight scene, so it was a little daunting for me. You have to put a lot of trust in the other person pretending to fight — that they're not going to hit you, they're going to swing in the right place and they're going to dodge when you're punching them. Pierce was great. He's done it so many times before."

And Brosnan still has some moves.

"It was a pretty even fight," Bracey said of his 61-year-old opponent. **THE CANADIAN PRESS**

Young Australian actor Luke Bracey stars opposite Pierce Brosnan in action spy thriller, The November Man. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Gwyneth gets gleeful while her ex dates a real sweetie

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin is reportedly dating Jennifer Lawrence while his ex, Gwyneth Paltrow, is seeing Glee co-creator Brad Falchuk. Chris was apparently drawn to Jennifer because she's so laid-back and relaxed, and Gwyneth likes Brad because he's someone to date while Chris is dating America's bleeping sweetheart.

Andrew Keegan of 10 Things I Hate About You has started his own religion called Full Circle. Coincidentally, one of the things people really and totally hate about you is when you start cults that sound like failed sitcoms.

Walking Dead creator Robert Kirkman says there's a very good chance everyone's favourite crossbow wielder, Daryl Dixon, could be gay. Great. That's at least two weeks spent readjusting all my fan fiction. As if I didn't have enough to do with Simon Cowell predicting One Direction will break up soon.

This week in Back Together: 1) Selena Gomez and Justin Bieber are seen at a bible study group. 2) Jennifer Lopez and Casper Smart are seen driving around in her car. 3) Drake and Rihanna are seen exiting a club together. 4) TLC is seen planning yet more specials with Kate Gosselin.

Twitter

@HamillHimself
Cooking in the kitchen with my daughter Julia Child style. Who's hungry?

@chelseahandler
I'm trying to get scuba-certified for my last show. It's not going well

@kirstiealley
I need to have another kid so they can teach me computer stuff ... mine are hiding from me

Nick Cannon ALL PHOTOS GETTY IMAGES

'Trouble in paradise' between Mariah and Nick (but his lips are now sealed)

Nick Cannon confirmed last week that there's trouble in his marriage to Mariah Carey and that the two are living apart. But that might be the last we hear from him.

"There is trouble in paradise, we have been living in separate houses for a few months. My main focus is my kids," he told The Insider.

Carey's rep said, "Mariah is focusing on her children and her upcoming tour."

And on keeping Cannon's mouth shut, apparently.

According to TMZ, their lawyers worked out a confidentiality agreement about their divorce proceedings, barring Cannon from discussing it further and giving Carey exclusive rights to announce any details.

I guess we know whose lawyer wears the pants.

Shots fired at Chris Brown during VMA pre-party hit rap mogul and others

Rap mogul Suge Knight was hospitalized after violence erupted at a VMAs pre-party early Sunday, with shots fired at R&B star Chris Brown but hitting Knight and two others — one of whom is in critical condition, according to TMZ.

Multiple shots were fired at about 1:30 a.m. at the Hollywood nightclub 1OAK, with several sources claiming Brown was the target. The VIP bash included Justin Bieber and Tyson Beckford.

Knight was rushed to nearby Cedars-Sinai, and is expected to recover.

Brown tweeted his feelings after the incident: "It's disappointing that we as a society can't have fun or enjoy ourselves without any altercations sometimes. Miss me with the bulls—!"

Suge Knight

No sense wasting good ice for ALS

Leave it to Sir Patrick Stewart to inject some class into the ongoing ALS Ice Bucket Challenge trend. The X-Men star posted a video of himself in a posh hotel room writing out a cheque to the ALS association. He's then seen pulling a silver ice bucket into the frame and considering it for a moment.

He grabs a glass and a pair of tongs, carefully places two ice cubes from the bucket into the glass, fills it with some very nice Scotch, toasts the camera and takes a very satisfying sip.

Sir Patrick Stewart

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- Tech savvy & comfortable managing social media tasks

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- Capture all incoming calls & phone messages
- Maintain clinic email inquiries & correspondence
- Handling of all medical documentation & administration tasks
- Provide pre & post-operative instructions
- Tracking of orthotic orders, shoe guidance & dispensing protocol

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M-Th. 9am-6:30pm,
Fri. 9am-1pm once a month

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- Genuine interest towards professional development & excellence
- Desire to work with a passionate team focused on making each taken step feel great

Qualifications:
- Prior medical, dental or similar patient care experience
- Proficient with sterilization protocol
- Comfortable with E-charting & Microsoft Office
- Tech savvy to capture before & after images for E-publication

Responsibilities will include:
- Chair side assistance
- Provide treatment guidance, instructive material & post-op care on a personal level
- Review shoe & orthotic protocol during dispensing appointments
- Entering client profiles for orthotic scans & x-rays
- Set up of surgical suite
- Sterilization center & treatment room re-stocking

LIFE 3

Is puppy care an insure thing?

Pet insurance. Read the fine print and consider your options

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I started the new year with an important purchase. I always said when I left television I'd get a puppy. Tabitha is a spicy Heinz 57. A wee thing — when I got her she weighed about 1.5 lb. — she'll be about 10 lb. when she's all done growing.

Puppies don't come cheap. Between the vaccinations, the spaying, the bed, cage, food, and puppy pads, Tabi's first few months have run to over $1,000. Not a small commitment. And those early vet bills make you really think about how much more your furry child might cost over a lifetime.

Canadians spend about $4 billion on their pets every year. Yes, $4 billion! While some of that money goes to needs like food, some is just plain indulgence. (Do you think your dog really knows what you paid for that cute little jacket?) One area where costs have been growing consistently is medical care. Pet insurance would seem like a no-brainer, right?

So I looked into it. (Hey, if I can offset my costs with insurance, I'll do it. I'm no dummy.) The problem with pet insurance is in the petite-print. On top of deductibles and co-pays, unreimbursed costs, and exclusions — all of which you pay out-of-pocket — you also pay premiums. Seemingly small $11 to $50 per-month premiums can add up to $2,000 to $6,000 or more over a pet's lifetime.

When I typed Tabitha's specifics into the CAA pet insurance plan, I got quotes of $0.45, $1.33 and $1.60 per day for their Compact, Intermediate and Luxury plans. I hate daily quotes, so I immediately converted them to annual costs: $164.25, $485.45 and $584 per year respectively. Compact only covers accidents (not illness) and to a max of $2,000. Intermediate covers everything to a maximum of $2,500 a year. Luxury's limit is $4,500 a year.

This is a pretty typical plan. Basic pet plans cover the costs of accidents (like being hit by a car) and some cover common illnesses like eye and ear infections. Top-of-the-line coverage may cover routine preventive care (such as vaccinations and neuters/spays) and even alternative therapies like acupuncture and hydrotherapy. Some even cover the costs of cremation or burial of a pet, and include extra coverage upon accidental death. Know what you're buying and figure out if it's worth the cost over the long haul, or if you would be better off just sticking the premiums in the bank as a pet emergency fund.

So far most Canadian pet owners choose to self-insure by setting up a pet savings account and accumulating money each month. It's been estimated that only about two per cent of Canadians have pet insurance. With fingers crossed, they hope that they'll have enough saved up if and when the time comes to deal with a medical issue. I'm one of them. Rather than laying out $500 to $600 a year in premiums only to find a rejected claim or a uncovered expense has me dipping into my wallet, I'll happily budget for Tabitha's medical costs over time.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

7 things to ask as you look at pet insurance options

1. **Enrolment period.** Some plans cover critters from eight weeks old to death; others cut off coverage at eight years or so, just when you're most likely to need coverage.
2. **Wait period.** There are often wait periods of up to 21 days from the time you fill out the application until the plan goes into effect. Some plans also require a vet checkup before the plan is activated.
3. **Benefit limit.** What's the maximum the plan will pay out each year or over the life of the plan?
4. **Deductible.** How much you must pay from your own pocket for each claim? Some plans let you choose a deductible while other plans increase the deductible as your pet ages.
5. **Coverage for pre-existing conditions.** Some plans will cover if the condition has been completely cured; other plans consider genetic conditions to be pre-existing. For example, Doberman Pinschers tend to suffer from Wobbler Disease and cardiomyopathy, so those might not be covered for your Dobi. Hip dysplasia is often excluded. And there are breeds — like Chinese Shar-Peis — that aren't covered at all by some plans.
6. **Coverage for preventative care.** Does your plan take care of your vet visits? Does your plans require at least an annual vet visit to keep the plan in effect?
7. **Monthly cost.** Costs vary tremendously depending on the type of plan you sign up for, with monthly premiums running anywhere from $10 to $100.

Only about two per cent of Canadians have pet insurance. ISTOCK

Fitness apps got game they can't sustain

The gamification strategy is widely used by developers of fitness apps, and could be one reason users are quick to abandon them, according to a recent study. JAREN WILKEY/BYU PHOTO

An increasingly sedentary lifestyle in which people can't put down their mobile devices has led app developers to believe there could be a pot of gold in motivating people to exercise by means of gamified fitness, though researchers says the gaming aspect could have limited long-term success.

"It's just been assumed that gamified apps will work, but there has been no research to show that they're effective for people long-term," says lead author Cameron Lister of the Brigham Young University Health Sciences Department. "Does earning a badge on your screen actually change your health behaviour?"

Lister and BYU health sciences professor Josh West examined 2,000 of the 31,000 fitness apps on the market and found that a large majority of the most popular apps aim to motivate by means of gamification.

Researchers say the most common form of motivation in the apps is peer pressure, which was the main component in 45 per cent of apps found to include gamification, followed by digital rewards (24 per cent), competitions (18 per cent) and leaderboards (14 per cent).

The researchers then analyzed the apps for their gaming components and how they addressed behaviour change, and found that their approach often didn't lend itself to long-term motivation and behavioural change. For example, they say, rather than operating on a rewards-based system that could start to feel more like work than play, the apps could focus on skill development.

They downloaded and tested 132 gamified fitness apps including Pact, Fitbit, DietBet and Zombies, Run!

Once the novelty wears off, the motivation goes away and the elements key to fitness and behaviour change have been ignored, say researchers in explaining the buzzed-about quandary that the majority of fitness app users are quick to abandon their technologies. AFP

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Good things, like tasty Pulled Pork Sandwiches, come to those who wait

Pulled Pork with Apple Cider Barbecue Sauce. Braising the meat takes a while, but it is so worth it

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

With a little time and a little patience, this restaurant favourite can be made at home.

Pulled pork is a drool-worthy and inexpensive meal that uses a Boston butt or pork shoulder. It's a tougher cut of meat, but braising it breaks the tendons down so the meat melts in your mouth, and literally can be "pulled" apart — thus its name! It does take a few hours to braise until it's tender, but you can do this a couple of days in advance and use the meat for main entrées or sandwiches. It's well worth the time. Mixing the meat with a homemade barbecue sauce is the key.

This recipe serves six. ROSE REISMAN

Ingredients

- 3 lb pork shoulder
- 1 tbsp Cajun or Southwestern seasoning

Basting Sauce
- 2 cups cider vinegar
- 1/2 cup brown sugar

Barbecue sauce
- 1 cup ketchup or chili sauce
- 2 tbsp packed light brown sugar
- 2 tbsp granulated sugar
- Pinch of salt and pepper
- 3/4 tsp onion powder
- 3/4 tsp dry mustard
- 1 tbsp fresh lemon juice
- 1 tbsp Worcestershire sauce
- 1/4 cup cider vinegar
- 1 tbsp light corn syrup
- 1 tbsp molasses

Caramelized Onions
- 2 tsp vegetable oil
- 1 large sweet onion sliced thinly
- 2 tsp brown sugar

To Assemble
- 6 sandwich loaves
- Lettuce and tomatoes

Nutritional information

Per serving (excluding bread)

- **Calories.** 452
- **Carbohydrates.** 39 g
- **Fibre.** 0.5 g
- **Protein.** 52 g
- **Total fat.** 7 g
- **Saturated fat.** 3 g
- **Cholesterol.** 136 mg
- **Sodium.** 529 mg

Directions

1. Preheat the oven to 300 F.

2. Rub the roast with Cajun seasoning. In a large skillet or grill pan, sear the pork on all sides just until browned.

3. To make basting sauce: Combine the cider vinegar and brown sugar and pour 1 cup in the bottom of a large roasting pan. Add the pork and roast, covered tightly, until 190 F temperature is reached (approximately 3 to 4 hours). Baste with the mixture of cider vinegar and brown sugar every hour.

4. To make the barbecue sauce: Combine the ketchup, brown and white sugar, salt and pepper, onion powder, mustard, lemon juice, Worcestershire, cider vinegar, corn syrup and molasses until smooth.

5. To make the caramelized onions: In a large skillet, add the oil and sauté the sliced onions with brown sugar on low heat for 15 minutes or until tender.

6. When the pork is cooked, toss the basting sauce and pull pork apart with two forks, removing all visible fat and the skin. Add just enough of the barbecue sauce to wet all the meat. Save remaining sauce for serving alongside. Serve with the caramelized onions or veggie toppings of your choice either on sandwich loaves or on its own.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

No typical potato salad

If you want a spin on a potato salad, this recipe is a must! Ripe plum tomatoes, small red potatoes and hearts of palm with a ginger-sesame dressing are a wonderful combination to accompany any entrée.

Hearts of palm are the edible inner part of the stem of the cabbage palm tree. They are slender with a delicate flavour similar to white asparagus.

Ingredients

Salad
- 3/4 cup chopped sweet onions
- 1 tsp vegetable oil
- 12 small red potatoes
- 4 individual whole hearts of palm (from can)
- 2 plum tomatoes, sliced into 1/4-inch rounds, then cut in half
- 1/4 cup chopped green onions

Dressing
- 2 tbsp rice wine vinegar
- 2 tbsp low-sodium soy sauce
- 1 tbsp each sesame oil, liquid honey, vegetable oil
- 1 tsp minced garlic
- 1 tsp minced ginger root

Garnish
- 1/4 cup chopped fresh cilantro

This recipe serves six. ROSE REISMAN

1. Sauté onions 1 tsp oil for 5 minutes on a medium heat.

2. Scrub potatoes but do not peel. Cut into quarters. Boil until just tender, approximately 10 to 15 minutes. Drain and place in a serving bowl still hot, cover with sautéed onions.

3. To make dressing: In a small bowl, whisk together dressing ingredients. Pour over warm potatoes and sautéed onions and toss to coat.

4. Combine remaining salad ingredients with potatoes. Garnish with cilantro. Serve warm.

ROSE REISMAN

What an enlightening experience: Office workers who sit near windows enjoy a better quality of life. ISTOCK

Take great panes. Another reason you should work to get into the corner office

What difference does a window make? A lot, it turns out.

Office dwellers who primarily work in spaces that have lots of natural light and windows sleep better, exercise more and have a better quality of life than those who work in environments that don't have access to direct sunlight. That's according to a new study out of Northwestern University, which found that employees who worked in offices with windows slept an average of 46 minutes more than those who were windowless.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," said senior researcher Dr. Phyllis Zee, a neurologist and sleep specialist, in a statement.

Mood awakening

"Exposure to light ... particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism."

Neurologist Dr. Phyllis Zee

The researchers say there's a simple solution to the problem and suggest architects and building managers ensure that all workstations are placed at least 20 to 25 feet from the peripheral walls containing the windows. "Daylight from side windows almost vanishes after 20 to 25 feet from the windows," said study co-author Mohamed Boubekri.

LAKSHMI GANDHI/METRO IN NEW YORK

Use well-planned pluck to bring in the big bucks

Negotiate your way to better pay. Do your homework before you ask for that raise

DAN SCHAWBEL
Metro in New York

Here's a tip: Your boss is not going to put more money in your pocket automatically. You've got to ask for it. ISTOCK

There's a point in every career where an employee is going to have to negotiate either a job offer or a raise for the first time. Because most people aren't born negotiators, many workers end up making only a fraction of what they are worth.

While some people are afraid to negotiate their salary, it is actually a sign of professionalism — because it shows that you're serious, intelligent and value your expertise. Here are my top negotiation tips:

Do your due diligence

Sites like Salary.com and PayScale.com are great ways to find out the salary range of a particular position. Also remember to speak with your industry mentors to discover what amount you should expect and how much you might be able to increase it by. It's important to collect all of this information before entering the negotiation process. That way you're equipped to respond to any pushback.

Use data to justify the increase

If you want to earn more, you have to be able to prove the value of your contributions. If you're in sales, keep good records of all the deals you've closed and the amount of total revenue your work has generated. In marketing? Now is the perfect time to talk about the number of leads you've generated through your various campaigns and then how many of those leads were closed by the sales team. The key thing is to show your boss that it makes more sense for the company to pay you more than lose you to their competition in the future.

Always try to have multiple offers

Whether you're a job seeker or employee, you should aim to have several job offers so that you can use them as leverage. The more offers you have, the more negotiating power you have and the more insight you have into how much you are valued in the marketplace. If you get an offer, that doesn't mean you should stop interviewing. And if you're an employee, you should still be interviewing from time to time to ensure that you're earning what you are worth. Don't become complacent — a new opportunity could be waiting just around the corner.

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Schmooze in the sand

A little business while you bake. Do your best to network during summer social situations

VICKI SALEMI
Metro World News

You may be sporting a pair of shorts rather than a suit and tie, but you should still try to look put together. ISTOCK

Long summer days inspire relaxation — there's less pressure to attend professional conferences and local chapter events in the spirit of networking. Just because more formal opportunities to make new contacts are pretty limited during the hotter months doesn't mean you can't get your networking game on in other ways. Sure, the game has changed somewhat, but the rules haven't. Here are some tips:

Be yourself
Whether you're in an intramural softball league or waiting for court time at your local sports centre, there are endless opportunities to strike up a conversation. Simply be yourself. Focus on why you're there and talk about the game or venue as an icebreaker.

Normally you would probably approach someone at a mixer asking how they know the host or what they do for a living, so in this case you can keep things relaxed and start by asking about their game and their team, and then as an afterthought, toss in, "Oh, by the way, what do you do for a living?" Get to know people as people first and their occupation second and introduce yourself in this spirit, too. It's more fun that way.

Let me introduce myself

Even if you're not pounding the pavement for a new job, you never know where a new conversation may lead.

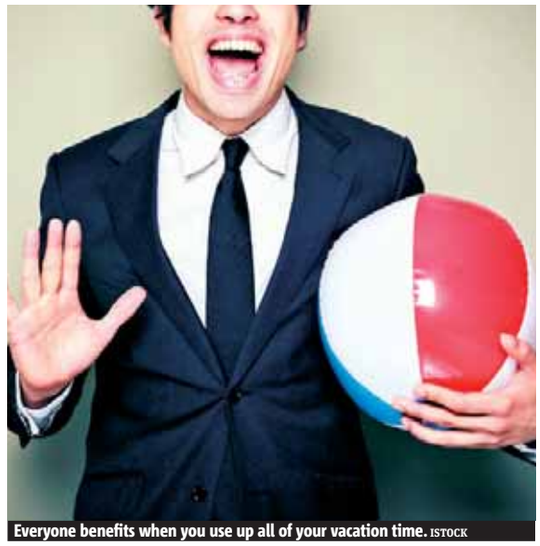
Have your elevator pitch at the ready
You never want to sound canned, but you should always be ready to succinctly pitch yourself. It's not so much the words, but how you say them. What's your energy level like? What's the other person's body language like in reaction to your summary? Are they bored or intrigued?

Look put together
Even when you're at the beach, you can still pull it off. Keep it simple and consistent: Avoid dressing sloppily, keep the torn clothing or wrinkled outfits where they belong — on the ironing board. Remember, your new contacts are in the same situation and in casual gear, too, so it's completely normal to have a conversation that heats up into specific industry lingo. Give yourself a break if it is scorching out, though.

Bring your business cards

- Summertime may have a carefree vibe, but that doesn't mean you should forget about opportunities to exchange valuable contact information.
- Even when you go outside to walk your dog at 6 a.m., you never know who you might meet. So carry a business card or two at all times, just in case.

Enjoy the energy
Revel in the splendour of the season, enjoy not being in a stodgy conference room wearing a conservative suit. But even if you're not pounding the pavement for a new job, you never know where a new conversation may lead. So, the next time you're strolling along a beach boardwalk, take a break from that smartphone and meet some new people.


Everyone benefits when you use up all of your vacation time. ISTOCK

Vacations. Taking time away from the office creates mini-wave of joy

You've heard the expression, "Work hard, play hard." But in most workplaces, it may as well be "Work harder and then work some more."

Each year, thousands of people fail to use all of their allotted vacation time — resulting in what one Expedia study said was 557 million vacation unused days in the U.S. going to waste each year.

In addition to being a loss of both relaxation and money for these employees, the travel industry takes a hit.

The forecasting group Oxford Economics says all that unused vacation time translates into a loss of $67 billion US per year in potential travel spending.

But what about individual workers who never go on vacation? Are they really unhappier than those who do use their days?

The answer, reports the Washington Post, is yes.

A new study out of Sweden found that people who returned from vacation were not only happier and more relaxed when they got back home, but that happiness also spread to others, creating a mini-wave of joy of sorts.

To test out their theory, the researchers examined the monthly antidepressant usage of Swedes between 1993 and 2005.

They found that the number of prescriptions exponentially dropped when more people were on vacation at the same time.

The biggest drop in prescriptions came during the summer, which the researchers say is unsurprising given the fact that each worker in Sweden is granted five weeks of vacation per year.

LAKSHMI GANDHI/METRO WORLD NEWS

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Lessons from the desert

Take it to the limit one more time. If everyone gives their all, the whole team has a winning chance. ISTOCK

Crossing the finish line together

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

As I prepare to run Antarctica 2014, I spend time cycling to mix things up and learn how cycling teams work together to get to the finish line. In a recent three-day race, Toronto's Michael Barry, a decorated cycling pro, led seven passionate amateurs against other teams.

On a big climb up Col de Soulor in the jagged Pyrenees, a famous ascent on the Tour de France, we were required to finish as a team. Our strategy was to have the lead rider constantly adjust their speed to push the weakest rider to climb quickest without breaking.

As the weak one, I was asked not to speak to conserve energy, instead constantly tell the team how expended I was on a scale of one to 10. The pro said: "Eight is your target. At eight you can't talk, but you can say 'eight.' Closer to the top we will ask you to give us your 10." Anything under seven meant a pace increase, and nine or more meant a decrease. Coincidentally, while running the Sahara Race as a team, we had employed the same tactic.

We've all had to work in teams where we must collaborate with individuals who are not of equal strength. As it's out of our control, all team members can hope for is that everyone gives their best, regardless of skill. Then, teams can be high-performing without becoming dysfunctional. On the climbs, honestly numbering the effort depersonalized the experience of feeling weaker while helping my teammates know I pushed to my limit. Although I felt completely depleted as we fought gravity climbing to the finish line, I didn't have to devalue myself by sharing the obvious: I was tired, and under-experienced. Instead, it was just plain clinical: A challenge for the team to adjust to knowing that over the course of three days, everyone would ultimately get pushed to their limits to benefit the team.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Getting to the cortex of the brain matter. Why we learn better on good night's sleep

Amid mounting evidence of the important relationship between sleep and motor learning, researchers at the University of Montreal have identified areas of the brain that are critical in training the body's movements and found these regions communicate better after a good night's sleep.

Although sleep is well-known in the scientific community to aid motor learning, no prior understanding as to why had been explained.

Researchers studied piano players to find out more about the subcortical regions of the brain.

"The subcortical regions are important in information consolidation, especially information linked to a motor memory trace," said Karen Debas, neuropsychologist at the University of Montreal and leader author of the study.

Participants were attached to fMRI machines during mock concerts before and after a period of sleep, and a separate control group was twice-tested without a period of sleep.

"A night of sleep seems to provide active protection of this network, which the passage of daytime does not provide. Moreover, only a night of sleep results in better performance of the task," said Dr. Debas, neuropsychologist at the University of Montreal and lead author of the study. **AFP**

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Barclays

Mahan pulls three birdies to end his PGA drought

Hunter Mahan pulled away with three straight birdies to win The Barclays on Sunday, ending an 0-for-46 drought on the PGA Tour.

The victory could not have come at a better time.

Mahan now is assured of making the Tour Championship every year since the first FedEx Cup in 2007, the only player in all playoff events. He's also made an impression on Tom Watson as a captain's pick for the Ryder Cup team.

Mahan closed with a 6-under 65. He made a 10-foot birdie on the 15th hole for the lead, hit his approach to 3 feet on the 16th and sealed the win with a 20-foot birdie on the 17th.

THE ASSOCIATED PRESS

LPGA

Ryu wraps CP Women's Open with a 23-under

So Yeon Ryu held off a back-nine charge from fellow South Korean Na Yeon Choi to win the $2.25-million US Canadian Pacific Women's Open.

Ryu finished with a 23-under par 265, breaking the tournament record of 18 under but not threatening Annika Sorenstam's LPGA Tour record of 27 under.

So Yeon Ryu
THE CANADIAN PRESS

"One I think I'm disappointed (about) is I couldn't reach Annika's low record," Ryu said. THE CANADIAN PRESS

MLB

Longoria saves the day as Rays beat Jays 2-1

Evan Longoria drove in two runs, including the winner in the top of the 10th to lift the Tampa Bay Rays over the Toronto Blue Jays 2-1 at Rogers Centre on Saturday.

THE CANADIAN PRESS

Redblacks trampled at home

Defensive lineman Demonte' Bolden, left, of the Calgary Stampeders grabs a hold of Henry Burris of the Ottawa Redblacks at TD Place Stadium on Sunday in Ottawa. ANDRE RINGUETTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Sold-out crowd. Early 7-0 dream lead over Stampeders turns into fifth straight loss

The Calgary Stampeders defeated the Ottawa Redblacks 32-7 Sunday afternoon to improve to 7-1 and move into a first-place tie with the Edmonton Eskimos for first in the CFL's West Division.

This was the second and final meeting between the two teams after Calgary defeated the Redblacks 38-17 two weeks ago. It was also the Stampeders' first visit to the nation's capital since 2005.

With the win, the Stampeders remain undefeated on the road, going a perfect 4-0. Sunday's game also marked the return of star running back Jon Cornish, who had missed the past six games due to a concussion.

Meanwhile, the Redblacks (1-7) suffered their fifth straight loss.

The Stampeders held an 8-7 lead at the half and never looked back. Back-to-back touchdowns in the fourth quarter put the game out of reach and showed the Redblacks' inexperience.

Sederrik Cunningham ran in a 20-yard touchdown to make it 18-7 with six minutes 6:02 remaining in the fourth quarter. Less than two minutes later Cunningham had a 66-yard punt return to give Calgary a 25-7 lead.

Hugh Charles also ran in a 15-yard touchdown late in the fourth to make it 32-7. The Redblacks have been outscored in the fourth quarter in seven-of-eight games this season.

The Stampeders will face their toughest challenge next week as they host the Edmonton Eskimos (7-1) in a showdown for first overall in the West. The Redblacks will finally have an opportunity to face an East Division opponent as they take on Montreal following four straight games against West Division teams.

THE CANADIAN PRESS

On Sunday

Stampeders	Redblacks
32	7

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A new moon in the wellbeing area of your chart urges you to slow down. You won't miss out on any opportunities. In fact, by standing back you may see things others have overlooked.

♉ Taurus
April 21 - May 21
Everything seems to be going well for you now and for the next few days you will do best by just coasting along without worrying too much about where you are heading.

♊ Gemini
May 22 - June 21
Recent events have made you wonder if you should consider a change of direction. If you get some quiet time today use it to think through the choices.

♋ Cancer
June 22 - July 23
Love and luck combine to get the week off to a perfect start. The planets will bring only good things your way over the next 24 hours. Don't waste time wondering if you deserve it.

♌ Leo
July 24 - Aug. 23
Cosmic activity in the area of your chart that governs money will encourage you to make changes. These changes will affect loved ones too.

♍ Virgo
Aug. 24 - Sept. 23
A new moon in your sign, allied to a helpful link from energy planet Mars to your ruler Mercury, means you can have it all without making an effort.

♎ Libra
Sept. 24 - Oct. 23
The planets warn you might get a bit too laid-back over the next few days and risk losing sight of your long-term goals. So, even though you may wind down physically, stay alert mentally.

♏ Scorpio
Oct. 24 - Nov. 22
The good things that are coming your way are real and you deserve them. Today's new moon means you will find it easy to connect to others.

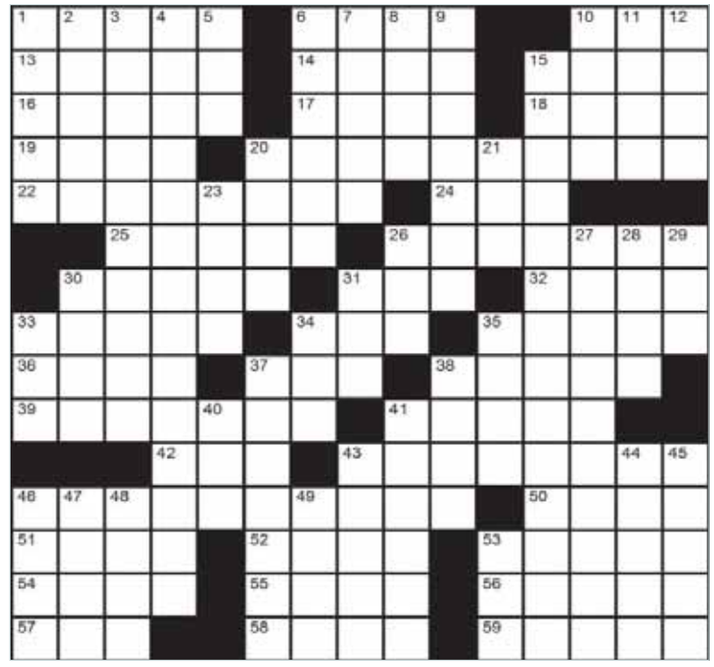
♐ Sagittarius
Nov. 23 - Dec. 21
Something you have been worrying about for months will finally resolve itself over the next few days and you will feel a huge sense of relief.

♑ Capricorn
Dec. 22 - Jan. 20
There is a feeling something marvelous is about to occur and it's not wishful thinking. A new moon in your fellow Earth sign of Virgo will encourage you to be bold.

♒ Aquarius
Jan. 21 - Feb. 19
Not everyone possesses your high standards, so make allowances and try not to make a big issue of any minor mistakes that loved ones or work colleagues might make.

♓ Pisces
Feb. 20 - March 20
You are in good spirits but one person seems to have missed out on the party spirit and needs someone to soothe their fears. That someone is you.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ dab in the middle!
6. PMs, e.g.
10. Five Ws, just one
13. Like crushed potatoes
14. QED's 'E'
15. Behold
16. Performed
17. 1963: "Deep Purple": __ Tempo & April Stevens hit
18. And others, briefly: 2 wds.
19. Qatar Prix de _'__ de Triomphe (Paris horse race)
20. GLAAD concerns: acr. + wd.
22. Road trip reasons-to-stop
24. Patience __ _ virtue
25. Horse's holler
26. Winnipeg hockey game attendee: 2 wds.
30. Unmasks
31. Lettuce variety
32. Written symbol of yore
33. Music style
34. Wheel part
35. Country's Mr. Rogers
36. Taken back [abbr.]
37. British bar
38. Chores
39. Certain commuter's change: 2 wds.
41. On _ __ (Spontaneously)
42. BC Lions mascot, __ the Lion
43. Quebec, 1990... Oka Crisis = 78-day __
46. "Days Like That" Canadian quintet: 2 wds.
50. Jose __ (Celebrity hairstylist)
51. Prudish person
52. Charles Lamb's pen name
53. Cartoon style of Japan
54. Aussie footwear
55. Washington NHL players
56. "I haven't _ __." (Duh)
57. Montreal article?
58. Salmon sort
59. Canuck actor Mike Caesars Palace, Britney's is at Planet Hollywood: 2 wds.
20. Hauls
21. 'Special' suffix
23. Geese, in Gaspe
26. Morning run pace
27. Hit for Canadian soul trio Bass is Base (Trivia! Celebrity chef Roger Mooking was a member)
28. Ms. Landers'
29. Napoleonic Wars marshal
30. Actor Corbin
31. Niblets holder
33. Texter's "I shall return momentarily..."
34. Acting prompt
35. Actress Madeline
37. School assignment
38. Poetic contraction
40. "Says She Loves Me" music duo
41. "Relax soldier!": 2 wds.
43. Sharpshoot
44. Leg bone
45. Releases from captivity
46. Stompin' Tom Connors' "Bud the __"
47. Joni Mitchell's "__ for Going"
48. Rocker's tour dates
49. Cosmetics company
53. Tigger creator's monogram

Down
1. Little
2. 1952 Robert Mitchum/Jane Russell movie
3. Canadian Space Agency employees
4. Car race signal-makers, variantly: 2 wds.
5. Thomas __, The Spanish Tragedy dramatist
6. Distance
7. __ and drabs
8. Tirade
9. Kelly Osbourne's fashion line/tattoo...
10. Accompanying
11. Warmth
12. Hoo-hoo-ers
15. Shania's is at

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				2		9		
6					5	1		8
			4			7		
		5	9		6	2		1
1		2	3		4	6		
		8			1			
4		1	2					9
		7		8				5

Friday's Sudoku

2	5	9	1	6	8	7	4	3
8	1	7	4	9	3	2	6	5
6	4	3	5	2	7	1	8	9
9	6	8	7	3	4	5	1	2
4	7	5	8	1	2	3	9	6
3	2	1	9	5	6	4	7	8
5	8	2	6	4	1	9	3	7
1	3	6	2	7	9	8	5	4
7	9	4	3	8	5	6	2	1

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